



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

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3/31/57*

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

For Release Upon Receipt

PLENTY OF SHRIMP AVAILABLE FOR LENTEN MENUS

Shrimp—one of our most popular shellfish—are plentiful this Lenten season, the Fish and Wildlife Service reports.

Not many years ago it was only the "favored few" near the South Atlantic and Gulf coasts who were fortunate enough to dress up their Lenten menus with this delectable shellfish. Today, as a result of modern fishing methods and marketing practices, shrimp are available in all parts of the country.

Shrimp cocktails and salad are perennial favorites.

The familiar method of making shrimp salad, with chopped celery, chopped hard-cooked eggs and mayonnaise, is always appetizing. But, for something different and delicious, the Service suggests combining shrimp with citrus fruits. Grapefruit sections and shrimp on a bed of greens, served with French dressing, is definitely different.

For "something intriguing", the home economists of the Fish and Wildlife Service recommend the following recipes for Shrimp Meuniere or Shrimp Thermidor:

SHRIMP MEUNIERE

1½ pounds shrimp
¼ cup butter or margarine, melted
1 tablespoon lemon juice
¼ teaspoon salt
Dash pepper

Peel shrimp and remove sand veins. Wash and drain on absorbent paper. Fry in butter, turning frequently, for about 10 minutes or until lightly brown. Remove shrimp to platter. To browned butter, add lemon juice and seasonings; pour over shrimp. Serves six.

SHRIMP THERMIDOR

¾ pound cooked, peeled and cleaned shrimp
½ cup sliced mushrooms
¼ cup butter or other fat, melted
¼ cup flour
1 teaspoon salt
½ teaspoon dry mustard
Dash cayenne
2 cups milk
Grated Parmesan cheese
Paprika

Cut large shrimp in half. Fry mushrooms in butter for about five minutes. Blend in flour and seasonings; add milk gradually and cook until thick, stirring constantly. Stir in shrimp. Fill six individual well-greased shells or casseroles. Sprinkle with cheese and paprika. Bake in a hot oven, 400°F., for 10 minutes or until cheese browns. Serves six.

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